

# COVID-19 Dulmar Baaritaanka Degdegga ah ee Guriga: iHealth

## Waa maxay goobaha ka qaadashada qalabka baaritaanka degdegga ah ee guriga?

Si loo ilaaliyo caafimaadka bulshadaada oo loo yareeyo fiditaanka COVID-19, Waaxda Caafimaadka ee Minnesota (MDH) waxay iskaashi la samaysay wakaaladaha caafimaadka dadweynaha ee deegaanka, hogaamiyayaasha caafimaadka qabaa'ilka, goobaha gargaarka iyo ururada bulshada ku dhisan si loo siiyo dadka reer Minnesota qalanka baadhitaano degdeg ah oo bilaash ah oo lagu samayso guriga dhexdiisa iyagoo ka helayo goobo cayiman oo laga qaato.

## Waa maxay baaritaanka degdegga ah ee difaaca jirka ee iHealth?

Baaritaanka degdegga ah ee difaaca jirka ee iHealth waxay suuragalistaa in la ogaado fayraska sababa COVID-19. Haddii aad leedahay astaamo, baaritaanku si dhakhso ah ayuu u sheegi karaa inaad qabto COVID-19 iyo in kale. Waxaad ku samayn kartaa baaaritaanka dhacaanka marka goob kasta oo aad natiijada ku heli kartaa ilaa 15 daqiiqo gudahood.

## Goorma ayaan isticmaalaa baaritaanka iHealth?

Waxaad u isticmaali kartaa baaritaanka iHealth xubnaha qoyskaaga ee jira 2 sano ama ka weyn wakhti kasta. Waaxda Caafimaadka ee Minnesota waxay ku talinaysaa baaritaanka sababaha soo socda awgood:

- Haddii aad iska dareento astaamaha COVID-19;
- Aad ka agdhowaatay qof qaba COVID-19;
- Laga yaabo inaad la kulantay qof qaba COVID-19;
- Aad is baaraysid ka hor intaadan aadin kulan balaaran.

Haddii aad is baarayso balse aadan lahayn astaamo, fadlan tixraac tilmaamaha iHealth, ama MDH [Close Contacts and Quarantine \(www.health.state.mn.us/diseases/coronavirus/close.html\)](https://www.health.state.mn.us/diseases/coronavirus/close.html).

## Sideen u isticmaalaa qalabka baaritaanka?

**Fadlan raac tilmaamaha dhamaystiran ee la socdo qalanka baaritaanka.** Si aad u ogaato sida uu baaritaanka loo sameeyo, waxaad daawan kartaa muuqaalkan: [How to use the iHealth COVID-19 Antigen Rapid Test \(https://youtu.be/qBt\\_H4Gc-rU\)](https://youtu.be/qBt_H4Gc-rU).

## Maxaa dhacaya haddii aan leeyahay astaamo laakiin aan la iga helin cudurka kadib adeegsiga baaritaanka iHealth?

Xataa haddii natiijada baadhista degdegga ah ay noqoto mid taban (aan laga helin cudurka), qofka astaamaha leh waa inuu qaadaa baaritaanka PCR COVID-19 waana inaanu ku soo laaban hawlaha caadiga ahaa ilaa ay astaamuhu ka soo fiicnaadaan 24 saacadood. Ka hel xulashooyinka baaritaanka PCR [Minnesota COVID-19 Response \(mn.gov/covid19/\)](https://www.mn.gov/covid19/). Haddii aad wax su'aalo ah ka qabto astaamaha, la xiriir dhakhtar ama bixiye daryeel caafimaad.

## Maxaa dhacaya haddii baaritaanka iHealth la igaga helo cudurka?

Haddii lagaa helo, guriga joog oo ka fogow dadka kale. Haddii aad leedahay astaamo, la xiriir dhakhtar ama bixiye daryeel caafimaad. La soco hagaha caafimaadka dadweynaha ee halkan aad ka helayso [If You Are Sick or Test Positive \(www.health.state.mn.us/diseases/coronavirus/sick.html\)](https://www.health.state.mn.us/diseases/coronavirus/sick.html).

## Maxaan sameeyaa haddii aan su'aalo qabo?

Fadlan ka wac Waaxda Caafimaadka Minnesota ee COVID-19 Khadka Dadweynaha ee 1-833-431-2053, furan Isniinta ilaa Jimcaha 9 subaxnimo ilaa 7 galabnimo, iyo Sabtida 10 subaxnimo ilaa 6 galabnimo.